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Phyto-Pharmacological Review Of *Urtica Dioica* (Stinging Nettle) :- A Modern View Of An Ancient Healing Plant

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Background: Medicinal plants are playing a crucial role in the development of traditional medical system all over the world. Even today, the World Health Organization (WHO) estimates that up to 80% of people still rely primarily on traditional remedies such as herbs for their medicines. Afterwards, plants also began to use as medicine sources for its wide compatibility with most humans. And thus, the ‘Ayurveda’ came in the picture. It is the Indian traditional system of medicine formation from the plants. In this Ayurveda, *Urtica dioica* a well-known herbal plant of family Urticaceae. It is a warmer region plant and oppositely arranged pairs of leaves which contains sting.

Aim : The ultimate goal of this article is to exhibit the phytochemical & pharmacological activities of *Urtica dioica*, according to several literature surveys.

Methods: Till date (December, 2020), several keywords are used to obtain most possible information from PubMed, Wikipedia, Science Direct Database, Springerlink, Researchgate and Google Scholar; which are utilised in this paper. After exclusion from a total of 90 articles, 32 were nominated to carry out the study.

Result: As a result stinging nettle is a traditional herbal remedy in treatment of variety of diseases as rheumatism gouts, nephritis, haematuria, jaundice, menorrhagia, anemia, eczema, arthritis. The plant revealed contains various chemical compounds like phytosterols, saponins, flavonoids, phenolic acids, tannins, proteins and amino-acids that showed beneficial potential for the natural drugs and medicine. The plant has been reported to have various pharmacological activities as analgesic, anti-inflammatory, anti-ulcer, anti-viral, antioxidant, hepatoprotective, anti-diabetic, anti-colitis and anti-cancer effect.

Conclusion: As an inference we can say that, *Urtica dioica* a good natural source of several efficient alkaloids with immense pharmacological uses. It has much more medicinal value which needs to be explored extensively.

Keywords :- *Urtica dioica* , Phytochemicals, Nutrients, Pharmacological actions